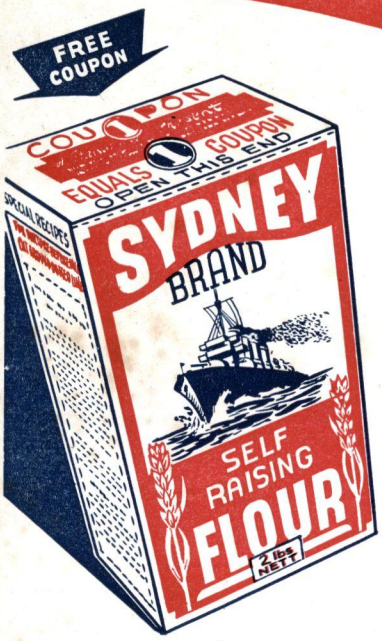
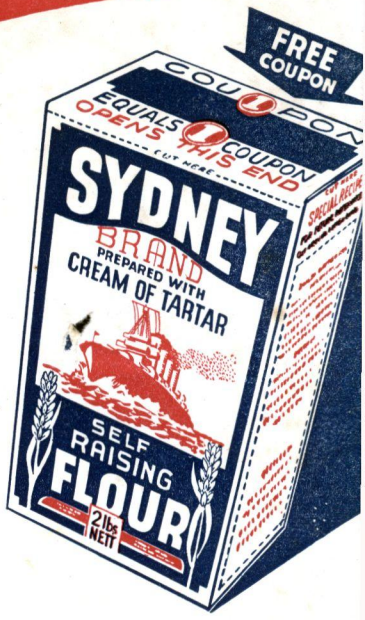
FREE

SYDNEY FLOUR

COUPON GIFT and RECIPE BOOK

SAVE THE COUPONS FROM THESE FAMOUS PRODUCTS



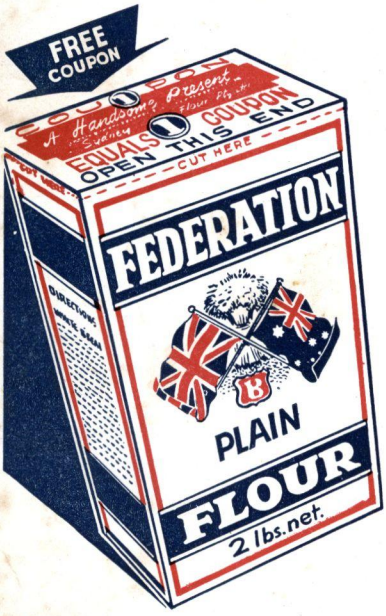


First of all, save your Gift Coupons from every packet of SYDNEY Self-Raising FLOUR and FEDERATION PLAIN FLOUR that you use. Then choose carefully the article you require from this catalogue. When you are posting your Gift Coupons to us make quite sure that the parcel is SECURELY WRAPPED, and that it has the correct amount of postage and your name and address enclosed, so that we will know from whom the coupons come.

Then write us a letter stating the number of Gift Coupons sent and what you require for them.

ALWAYS MAKE A SECOND CHOICE in case any article is out of stock and enclose sufficient stamps to cover return postage. We cannot accept responsibility for breakage of articles in the post. Consequently, customers are requested, whenever possible, to choose unbreakable goods.

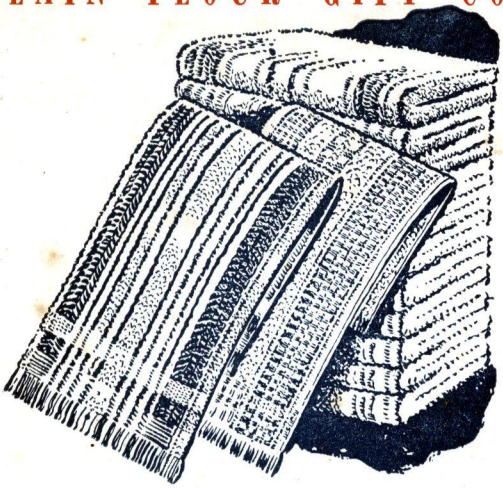
Never cut the catalogue. Simply state the number and description of the article required.



Post or deliver Coupons to —

SYDNEY FLOUR Pty. Ltd.
1 Glebe Road. Glebe NSW

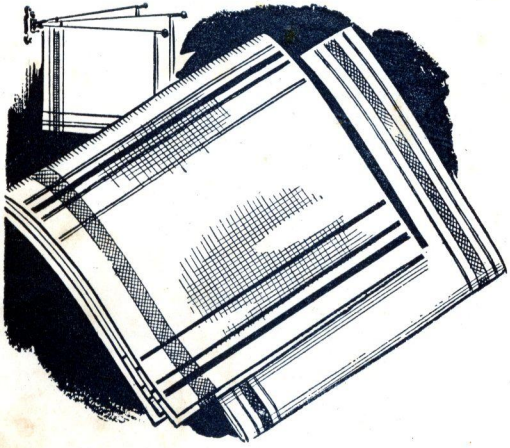
STOCK YOUR LINEN CUPBOARD *FREE* with SYDNEY FLOUR and FEDERATION PLAIN FLOUR GIFT COUPONS



QUALITY BATH TOWELS

In pink, blue and green. Size: 21" x 41".

Coupons required: 318 for each towel. Dark Striped Towels: 228 coupons for each towel.



PURE LINEN TEA TOWELS

No. 202 — Very good quality.

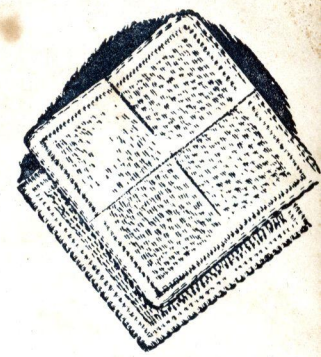
Size: 32" x 22".

Coupons required: 120 for each tea towel. LINEN TEA TOWELS. Size: 20" x 30". Coupons required: 68 for each towel.

BUNGALOW CLOTHS TO BRIGHTEN YOUR TABLE

No. 229 — Fast colours.

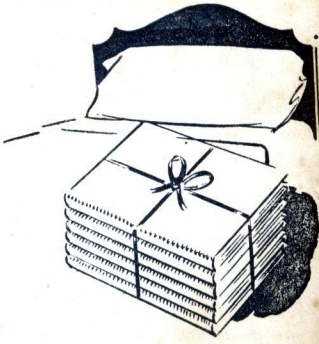
36" x 36": 260 coupons for each cloth. 52" x 52": 400 coupons for each cloth.



FACE CLOTHS BEST QUALITY ENGLISH

No. 218.

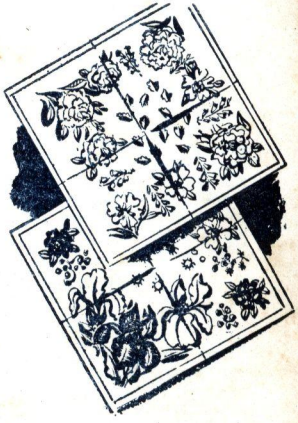
Coupons required: 48 for each cloth.



LOVELY PILLOW CASES

No. 201 — Good quality Housewife Pillow Cases.

Coupons required: 70 for each pillow case.



LADIES' AND CHILDREN'S HANKIES

No. 225—Attractive floral designs.

Coupons required: 25 for each hankie.

EASY TO MAKE 'N BAKE RECIPES FOR CAKES AND SCONES USING SYDNEY SELF-RAISING FLOUR

COFFEE CAKE

INGREDIENTS: ½lb. butter, 1 cup milk, 1½ cups sugar, 3 cups SYDNEY SELF-RAISING FLOUR, 3 eggs.

METHOD: Beat butter, sugar to a cream, beat in eggs, beat well, add flour and milk alternately, bake in a flat tin in a moderate oven.

Cinnamon Top for Cake: 3 tablespoons sugar, 5 tablespoons flour, 2 tablespoons butter, 1 tablespoon cinnamon. Rub all together with fingers till crumbly, put on top of cake before baking.

CHOCOLATE CHEESE CAKES

INGREDIENTS: 6oz. short crust, 1 egg, 3oz. butter, 2 tablespoons milk, 3oz. sugar, 1 tablespoon cocoa, vanilla, 6oz. SYDNEY SELF-RAISING FLOUR, jam.

METHOD: Make the short crust, roll into a thin sheet. Cut into rounds with fluted cutter, line deep patty tins with the rounds, and place half teaspoon of jam in each. Cream the butter and sugar, add the beaten eggs, then blended cocoa and milk, lastly the flour and vanilla. Place a good teaspoonful of the mixture in each pastry case. Ornament the top with strip of pastry. Bake in hot oven for 10 to 12 minutes. Turn on to cake cooler.

PLAIN LAYER CAKE

INGREDIENTS: 2 eggs, 2½ cups SYDNEY SELF-RAISING FLOUR, 4 dessertspoons butter, ¾ cup milk, ¾ cup sugar.

METHOD: Beat butter and sugar to a cream, add eggs well-beaten, then milk, then SYDNEY SELF-RAISING FLOUR. Mix well, but lightly. Bake in moderate hot oven about three-quarters of an hour. Decorate with cocoa icing and place nuts and crystallised cherries on top.

ORANGE CREAM CAKE

INGREDIENTS: 2 cups SYDNEY SELF-RAISING FLOUR, 2 eggs (yolks well-beaten), ½ cup butter, ½ cup of milk, 1 cup sugar, 1 teaspoon vanilla, 2 eggs (white stiffly beaten).

METHOD: Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add egg yolks, then flour alternately with milk, a small amount at a time. Beat until smooth, add vanilla, fold in egg whites. Bake in two greased 9" sandwich tins in moderate oven for 30 minutes. Spread orange filling between layers and cover with boiled frosting. Decorate with candied orange peel.

ORANGE CAKE

INGREDIENTS: ¼lb. butter, small ½ cup milk, scant ½lb. sugar, 3 eggs, ½lb. SYDNEY SELF-RAISING FLOUR, grated rind of 3 oranges.

METHOD: Beat butter to a cream, add sugar, orange rind, then yolks, well beaten, milk, then stiffly beaten whites, mix SYDNEY SELF-RAISING FLOUR, salt, stir in, put in 2 large flat tins, bake in quick oven. Spread with a layer of lemon cheese or icing between, cover with following icing. One cup icing sugar softened to thickness required with orange juice, grated rind of 2 oranges.

SPONGE SANDWICH

INGREDIENTS: 1 small cup sugar, ¼ cup boiling water, 3 eggs, 1 tablespoon butter, 1 cup SYDNEY SELF-RAISING FLOUR, pinch salt.

METHOD: Beat whites of eggs with sugar, 10 minutes, add yolks well-beaten, gradually sift in flour, dissolve butter in boiling water, add, bake in buttered sandwich tins in rather hot oven. Put whipped cream, lemon cheese or icing between.

PRINCESS CAKE

INGREDIENTS: 1½ cups SYDNEY SELF-RAISING FLOUR, 1 cup sugar, 3 eggs, 6oz. butter, ½ teaspoon vanilla, 3 tablespoons milk.

METHOD: Cream, sugar and butter, add well-beaten eggs, then the milk, beat well, add vanilla, and lastly the SYDNEY SELF-RAISING FLOUR. Make into a light dough. Place in two well-greased sandwich tins. Bake in moderate oven for 35 to 40 minutes. When cold fill with caramel filling.

DROP SCONES

INGREDIENTS: ½lb. SYDNEY SELF-RAISING FLOUR, ½ pint milk, 1 egg, pinch salt, 1 tablespoon sugar.

METHOD: Sift flour, salt, sugar together in a basin, make a hole in centre, pour in beaten egg, mix to a smooth batter with milk, heat and grease pan, drop on spoonfuls of the batter, as each scone sets, turn over with a greased knife, brown other side, butter. Serve hot or cold.

GEM SCONES

INGREDIENTS: 2 cups SYDNEY SELF-RAISING FLOUR, 1 cup milk, 1 tablespoon sugar, 1 tablespoon butter, 1 egg.

METHOD: Beat butter, sugar, add beaten egg, then lastly flour, all beaten with a fork, put in very hot greased tins. Bake in quick oven.

PIKELETS

INGREDIENTS: 1½ cups SYDNEY SELF-RAISING FLOUR, 1 cup milk, 1 or 2 eggs, 1 tablespoon cream, 1 tablespoon sugar, pinch salt.

METHOD: Beat sugar, eggs, add milk, sift in flour, rub pan with butter, drop in spoonfuls batter, cook a golden brown each side.

SCONES

INGREDIENTS: 1lb. SYDNEY SELF-RAISING FLOUR, ½ pint milk, 1 tablespoon butter, 1 teaspoon salt.

METHOD: Sift flour, salt together, rub in butter with finger tips, mix in milk lightly with blade of knife, to form a light dough, roll out lightly, working as little as possible, cut into rounds or squares ½" thick, bake in quick oven from 7 to 10 minutes, add fruit if desired.

PRETZELS

INGREDIENTS: ¼lb. butter, 1½ cups SYDNEY SELF-RAISING FLOUR, ¼ pint cream.

METHOD: Beat the butter to a cream and add whipped cream and flour to make a stiff dough. Let it stand over-night. Make into shapes of figures of 8 and dip into crystal sugar. Bake in a hot oven until light brown.

EASY CAKE No. 1

INGREDIENTS: 2 cups SYDNEY SELF-RAISING FLOUR, 1 teaspoon mixed spice, 1 cup brown sugar, 1 tablespoon butter, ½ cup milk with 1 egg in it, 1 cup of sultanas or stoned raisins, ½ teaspoon salt.

METHOD: Mix all well together, bake 1½ hours.

EASY CAKE No. 2

INGREDIENTS: 1lb. SYDNEY SELF-RAISING FLOUR, a few carraway seeds, 2oz. butter, 1 egg, 2oz sugar, 1 cup milk, ¼lb. currants or sultanas, salt.

METHOD: Mix flour, rub in butter and sugar, currants, seeds, beat egg, mix with milk, bake 1½ hours.

EASY CAKE No. 3

INGREDIENTS: 1 egg, 1 cup SYDNEY SELF-RAISING FLOUR, not quite ½ cup sugar, 1 tablespoon butter, ¼ cup milk.

METHOD: Mix all together and bake for about 20 minutes in medium oven.

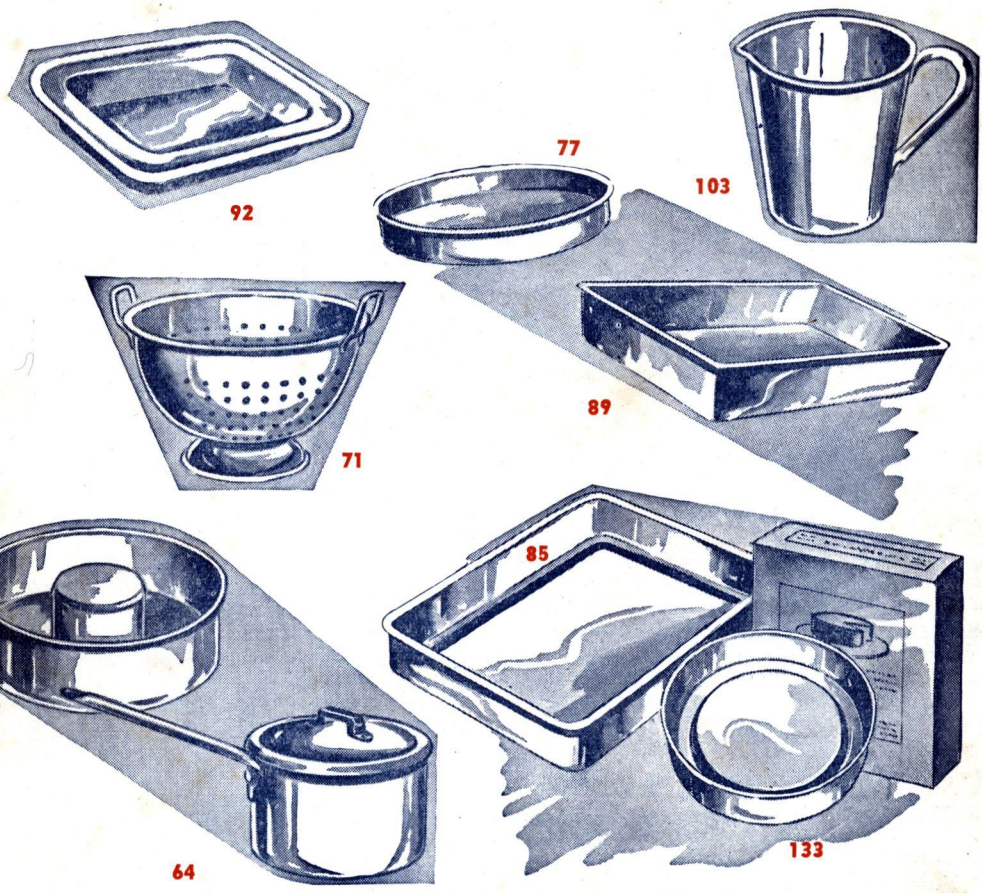
JAM ROLL

INGREDIENTS: 2 eggs, ¾ cup sugar, 1 cup SYDNEY SELF-RAISING FLOUR, 2 large tablespoons water.

METHOD: Beat eggs and sugar well, add flour, then water, butter well a flat dish, pour in batter, bake in a quick oven, turn on to paper sprinkled with castor sugar, spread with jam, roll. Enough for two rolls.

Attractive ALUMINIUM WARE of Excellent Quality

These examples illustrated are samples of the excellent selection of aluminium ware. Read list carefully for complete range of gifts.
Save Free Gift coupons from SYDNEY Self-Raising FLOUR and FEDERATION Plain FLOUR.
MAKE A SECOND CHOICE in case any article is out of stock.



No.	Article	Coupon value for each item
71	8" Colanders	136
71	9" Colanders	158
127	Check Cake Pans	86
130	Bar Tin	76
158	Pie Plate	78
146	Heart Sandwich Tin	54
77	7" Round Sandwich Tins	46
77	8" Round Sandwich Tins	58
77	9" Round Sandwich Tins	64
126	Ring Cake Pan	110
133	Recessed Cake Pan	80
89	Nut Loaf Tin	92
85	Swiss Roll Tin	86
123	12-hole Patty Tin (plain or shell)	120
145	9-hole Deep Patty Tin	100
1507	6" Pudding Steamers	115
1057	7" Pudding Steamers	120
95	2-pint Billy Cans	225
96	3-pint Billy Cans	275
64	16-gauge Saucepans with red or green handles:	
	1½ pint	176
	2 pint	220
	3 pint	270
103	Milk Measure	90
156	Deep Fruit Cake Tins	90
92	7" Aluminium Pie Dish	40
92	9" Aluminium Pie Dish	56
92	10" Aluminium Pie Dish	78
92	11" Aluminium Pie Dish	86
92	12" Aluminium Pie Dish	108
70	Milk Saucepan	68
60	8" x 4" Cake Storer	186
61	Biscuit Storer	186
132	8" 16-gauge Cutlet Pan	218
1508	Whistling Kettles	216

MORE WONDERFUL RECIPES!

GOLDEN CAP PUDDING

INGREDIENTS: ½ cup golden syrup, 2 eggs, 4 tablespoons butter, salt, 4 tablespoons sugar, enough milk to make a rather stiff batter, 2 tablespoons SYDNEY SELF-RAISING FLOUR, vanilla or lemon flavouring.

METHOD: Butter a basin, pour into it the golden syrup, into another basin put the butter, beat to a cream, add sugar, beat well, stir in beaten eggs, add Sydney Flour, essence, milk, pour mixture into basin carefully on top of treacle, do not stir, steam 2 hours. Serve with treacle sauce.

ROLY POLY

INGREDIENTS: 8oz. SYDNEY SELF-RAISING FLOUR, 2oz. sugar, 4oz. suet, ½ teaspoon salt, 4oz. raisins. Mix with milk or water.

METHOD: Mix dry ingredients together, add enough milk or water to make into a nice roly shape, boil in a floured cloth 3 hours. Serve with a white sauce. Jam may be substituted for raisins if liked, spread on paste and rolled.

PLUM PUDDING WITHOUT EGGS

INGREDIENTS: 4oz. suet, 4oz. raisins or sultanas, 4oz. SYDNEY SELF-RAISING FLOUR, a little candied peel, and white sugar is used, a small tablespoon treacle, 4oz. breadcrumbs, 4oz. brown sugar, 4oz. currants, 1 teaspoon salt, breakfast cup milk.

METHOD: Mince the suet fine, boil for a few minutes in a breakfast cup of milk, then pour it on the sugar and breadcrumbs, when slightly cool add other ingredients. Boil at least 3 hours. Serve with brandy sauce.

STEAMED CHOCOLATE PUDDING

INGREDIENTS: 2 tablespoons milk, 1 tablespoon cocoa, 4oz. SYDNEY SELF-RAISING FLOUR, vanilla, 2oz. butter, 1oz. sugar, 1 egg.

METHOD: Cream butter and sugar till as white as possible, add the beaten egg, then milk, in which cocoa has been blended, lastly the sifted SYDNEY SELF-RAISING FLOUR and vanilla. Steam for 1½ to 1¾ hours. Serve with chocolate sauce.

LAMINGTONS

INGREDIENTS: 5oz. butter, 4 tablespoons milk, 2 eggs, 10oz. SYDNEY SELF-RAISING FLOUR, vanilla, 5oz. sugar.

METHOD: Cream butter and sugar, add beaten eggs with milk and vanilla and lastly the flour. Place mixture in greased baking tin. Bake in moderate oven 30 to 40 minutes. Turn on to cake cooler, leave until next day. Then cut into squares. To make icing—3oz. butter, 1 tablespoon cocoa, 8oz. icing sugar, vanilla. Cream butter and sugar, add the blended cocoa and vanilla. Cover the squares with icing and then roll in browned coconut. To brown coconut, spread on a Swiss Roll tin and place in a slow oven till pale brown.

TREACLE PUDDING

INGREDIENTS: 2 eggs, 4oz. SYDNEY SELF-RAISING FLOUR, 2 dessertspoons butter, salt, 2 tablespoons sugar, 2 tablespoons treacle, 1 tablespoon milk.

METHOD: Beat butter, sugar to a cream, add well-beaten eggs, flour by degrees, butter a mould, pour in treacle, then carefully add the mixture, steam 1½ hours. Serve with treacle.

BATTER AND JAM PUDDING

INGREDIENTS: 4 tablespoons SYDNEY SELF-RAISING FLOUR, 1 pint milk, 2 eggs, jam, 1 tablespoon butter, pinch salt.

METHOD: Make a smooth batter of the flour, eggs and milk. Melt the butter in a quart pie dish, pour in the batter, put a few spoonfuls of jam on top and bake in a quick oven for three-quarters of an hour.

PLAIN STEAMED PUDDING

INGREDIENTS: 8oz. SYDNEY SELF-RAISING FLOUR, 2 eggs, 4oz. sugar, 5 tablespoons milk, 3oz. butter, few drops essence of lemon.

METHOD: Beat butter and sugar to a cream, add eggs, then milk. Stir in flour, add essence. Pour into well-greased mould, covered with piece of well-greased paper. Steam for two hours. Serve with jam sauce.

DATE PUDDING

INGREDIENTS: 4oz. SYDNEY SELF-RAISING FLOUR, 2 eggs, 2oz. butter, 3 tablespoons milk, 4oz. sugar, 1 teaspoon lemon juice, 4oz. dates, pinch salt.

METHOD: Beat butter, sugar together, add eggs, beat well, then add milk and well-chopped dates, lemon juice, sifted flour, steam 1½ hours.

BOILED BATTER PUDDING

INGREDIENTS: 3 eggs, a good ¾ pint milk, 4 tablespoons SYDNEY SELF-RAISING FLOUR, 1 teaspoon butter, salt.

METHOD: Beat eggs well, mix in flour, salt, smoothly, then heat the milk, with butter in it. Stir in the butter, steam 1¼ hours in a greased basin with paper on top. Serve with brown sugar and butter or with hard sauce. The same mixture may be baked instead of boiled. Bake 1 hour.

CUTLERY & GLASS WARE

ALLOW FOR POSTAGE AND FREIGHT WHERE INDICATED

No. 47 — E.P.N.S. Soup Spoons.

Coupons required: 84 for each spoon.

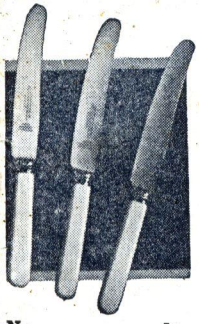
No. 54 — E.P.N.S. Table Spoons and Table Forks. Coupons required: 100 for each spoon or fork.

No. 55 — E.P.N.S. Teaspoons.

Coupons required: 54 for each spoon.

No. 56—E.P.N.S. Dessert Spoons and Forks.

Coupons required: 84 for each spoon or fork.



No. 31 — Stainless Steel Sabre Pattern Dessert Knives.

Coupons required: 112 for each knife.

No. 34 — Stainless Steel Sabre Pattern Table Knives.

Coupons required: 112 for each knife.

No.	Item	Coupon value for ea. item	Freight and packing
190	7½" Fluted Vase	40	1/–
192	Rose Bowl with Flint	95	2/–
193	Salad Bowl	85	2/–
194	Sugar Basin	50	8d.
195	Jam Dish	45	2/–
196	Nappie Glass	20	4d.
197	Tumbler	15	4d.

No.	Item	Coupon value for ea. item	Freight and packing
198	Lemon Squeezer	20	6d.
199	Pepper and Salt Shaker	18	6d.
200	Sandwich Tray	50	1/6
	Various styles and sizes of Salad Dishes	60	2/–

★ MAKE A SECOND CHOICE IN CASE ANY ARTICLE IS OUT OF STOCK

MODERN MARQUIS WARE PLASTICS M

SAVE GIFT COUPONS FROM SYDNEY SELF-RAI

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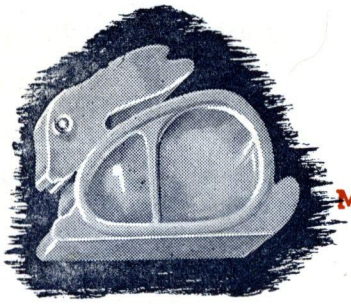
FREE

MW18/N



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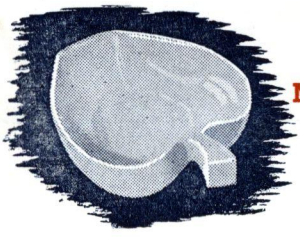


MW56

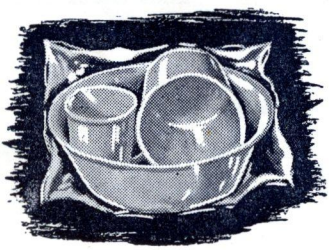
No.	ARTICLE	Coupon value for each item
MW1	Egg Cup	6
MW2	½-lb. Frig. Box ..	44
MW6	6" Round Plate ..	30
MW8	8" Round Plate ..	45
MW9	9" Round Plate ..	60
MW12	Beaker	25
MW16	Small Sugar Basin	10
MW18/N	Fruit Bowl	84
MW19	Cereal Bowl	30
MW22	Condiment Set ..	96 (set)
MW23	Egg Rack	50
MW28	Kitchen Scoop ..	25
MW29	Sugar Basin and Lid	40

Specify your choi

PLASTIC GIFTS A

IN RED, BLUE C

MW40



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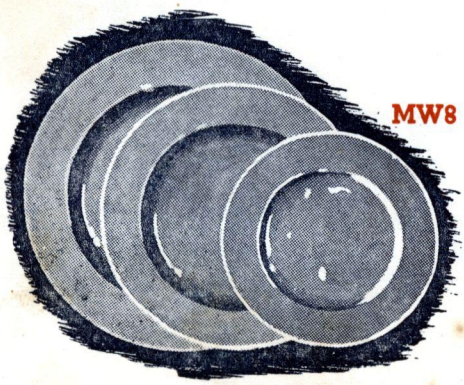


MW8

MW29

MW1

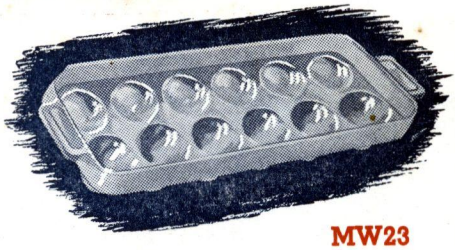
MW16

MAKE COLOURFUL AND USEFUL GIFTS
AISING FLOUR AND FEDERATION PLAIN FLOUR

these

GIFTS

No.	ARTICLE	Coupon value for each item
MW34	Small Cream Jug ..	10
MW39	Salt and Pepper ..	45 (set)
MW40	Meal-time Set ..	90
MW42	Kitchen Funnel ..	24
MW43	Bunny Plate (Boxed)	84
MW47	Sink Strainer	62
MW52	Teaspoon	5
MW53	1-lb. Utility Box ..	58
MW56	Sweet Dish	14
MW59	35-oz. Jug	115
MW66	Dessert Spoons ..	10
MW68	2-lb. Frig Dish ..	120



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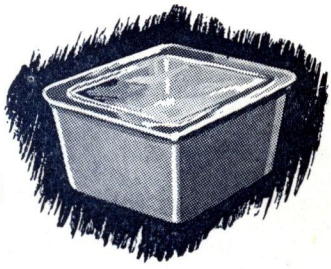

MW53

MW52

MW66

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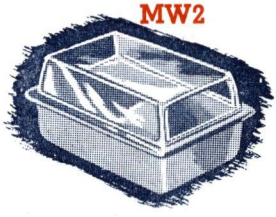
RE AVAILABLE
OR GREEN



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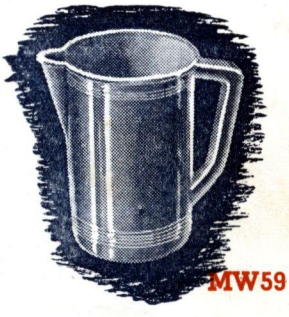

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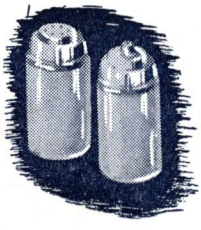

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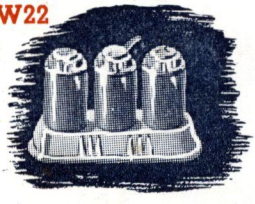

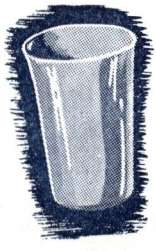

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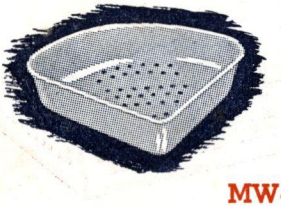


MW47

MW28

16

ICINGS AND FILLINGS FOR CAKES

ALMOND ICING

INGREDIENTS: 1lb. castor sugar, 1lb. almonds, whites 4 eggs, few drops rose water and essence of almonds.

METHOD: Blanch pound almonds, whisk white of eggs stiffly, add sugar, almonds, essence. When thoroughly mixed, lay smoothly on cake about ½" thick, put in a cool oven to dry, then pour a water icing over, then an egg and sugar icing.

BOILED ICING

INGREDIENTS: 2 cups brown sugar, whites 2 eggs, chopped cherries, candied peel, shredded orange peel or pineapple.

METHOD: Boil sugar in very little water, pour hot on the beaten whites of eggs, beat till cool and stiff. For filling, add chopped cherries, candied peel, shredded orange peel.

CARAMEL ICING

INGREDIENTS: 1 cup brown sugar, 1 tablespoon butter, ½ cup cream, 1 teaspoon vanilla.

METHOD: Boil 4½ minutes, beat well, pour over cake.

CHOCOLATE ICING

INGREDIENTS: 2oz. butter, 6oz. icing sugar, 1 teaspoon vanilla, 3 dessertspoons cocoa melted in 2 tablespoons boiling water.

METHOD: Beat up well, spread on cake. It takes 12 hours to set.

COFFEE ICING

INGREDIENTS: 2oz. fresh butter, ¼lb. icing, 1 tablespoon strongly made coffee.

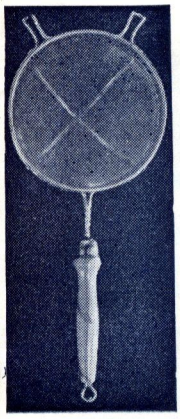
METHOD: Beat butter and sugar to a cream, add the coffee (cold) very gradually, a few drops at a time till a firm, smooth paste.

MOCK CREAM

INGREDIENTS: 1 small cup sugar, 1 tablespoon butter, juice of 1 orange, 1 lemon or 2 passionfruit, yolk 1 egg.

METHOD: Mix sugar, butter, juice of orange and lemon together, bring to the boil, add the yolk of an egg, stir till thick, if not thick enough add a little cornflour when cold.

OTHER USEFUL GIFTS



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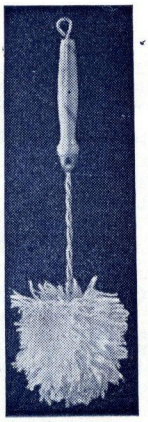

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No. 165 — Kitchen Scales.
Coupons required: 450.

No. 166 — Durable Egg Slice.
Coupons required: 50.

No. 167 — Fine Mesh Coffee Strainer.
Coupons required: 50.

No. 171 — Strongly made Flour Sifter.
Coupons required:
Small, 60; Large, 84.

No. 174 — Soap Saver.
Coupons required: 50.

No. 175 — Potato Masher.
Coupons required: 60.

No. 170 — Fine Wire Gravy Strainer.
Coupons required: 90.

No. 177 — Soft, Fleecy Dish Mop.
Coupons required: 50.

No.	Item	Coupons	Packing and freight
182	White Basins:		
	5″	70	1/- small 2/- large
	6″	80	
	7″	90	
	8″	130	
	9″	170	
57	Cups and Saucers:		
	White	60	9d. each
	Pink or blue	115	
58	White Plates:		
	7″	30	6d. each plate
	9″	50	
	10″	60	
181	Mixing Bowl:		
	Medium	240	2/6 each
	Large	275	
183	White Squat Jugs:		
	1 pint	130	1/- each
	1½ pint	160	
	2 pint	180	

BASIC RECIPES

BASIC RECIPE FOR PLAIN OR SHORT PASTRY

6oz. Sydney Self-raising Flour, 2oz. Federation plain flour, ¼ level teaspoon salt, 4oz. shortening (butter, lard or clarified dripping), 5 tablespoons cold water.
Prepare a hot oven (450 deg. F.). Sift flour and salt. Rub in fat with tips of fingers like fine breadcrumbs. Make well in centre, add water and stir in flour, quickly and lightly. Turn on to lightly floured board. Shape lightly into a ball. Use as required, rolling to ¼" thickness. Bake in hot oven (450 deg. F.) for 15 minutes and then reduce heat to moderate, cooking further, if necessary, to cook filling.
This is sufficient for an 8" 2 crust pie, 2 open pie crusts 8", or about 1½ doz. patty shells, 3".

VARIATIONS OF SHORT PASTRY

Rich Short. Add an egg yolk and omit 1 tablespoon water.

Cheese Pastry. Add 1 cup grated cheese to flour before adding water. An egg yolk may be added with the water. Use as a basis for savories or creamed fish or vegetable pies.

Cream Cheese Pastry. Add 6oz. cream cheese, rubbing in with shortening. Use for salad pies or savoury cassolettes or creamed fish or vegetable pies.

Nutty Pastry. Add ¾ cup finely-chopped nuts before adding water. Use with any sweet filling or for vegetable pies.

Sweet Spiced Pastry. Sift 3 level teaspoons mixed spice with flour and add 1 tablespoon golden syrup with water, reducing water by 1 tablespoon.

BASIC RECIPE FOR BISCUIT PASTRY

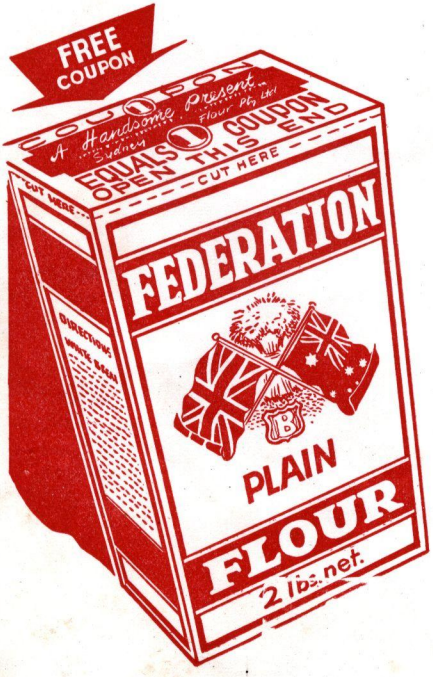
2oz. butter, 2oz. castor sugar, 1 egg yolk, flavouring essence, 2oz. Sydney Self-raising Flour, 2oz. Federation plain flour, ¼ level teaspoon salt.
Cream butter and sugar. Beat in flavouring. Add sifted flour and salt. Roll to a thin sheet, ⅛" thickness, and cut into shapes as required. Bake in moderate oven (375 deg. F.) until crisp and brown.

VARIATION OF BISCUIT PASTRY

Spiced Biscuit Pastry. Sift 2 level teaspoons mixed spice with crust.

Nutty Biscuit Pastry. Mix ½ cup finely-chopped nuts with flour.

Orange or Lemon Pastry. Cream 1 level teaspoon grated orange or lemon rind with butter and sugar.



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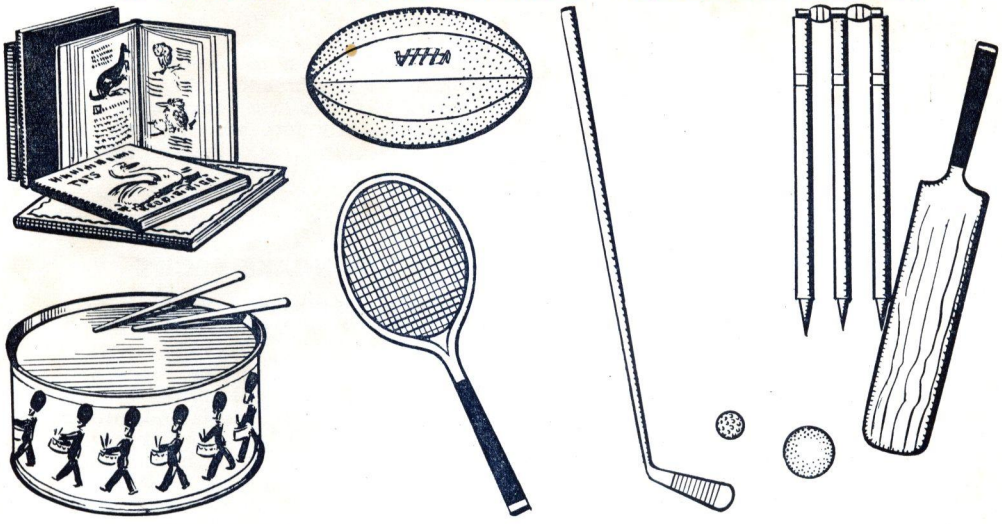

Item	Coupons Required	No. of Coupons
BOOKS	"	60, 72, 140
FOOTBALL	"	240
TENNIS RACQUET	"	240
GOLF STICK	"	80
CRICKET SET	"	180
DRUM	"	78
PAINT BOOKS	"	30

SYDNEY FLOUR WITH CREAM of TARTAR IN THE GREEN LABEL PACKET

MORE BASIC RECIPES

BASIC RECIPE FOR FLAKY PASTRY

4oz. Sydney Self-raising Flour, 4oz. Federation plain flour, ¼ level teaspoon salt, 3oz. lard, 3oz. butter, ½ cup water.

Sift flour and salt. Divide the fat into four and rub ¼ into the flour; add water and stir to a soft dough. Turn on to a lightly floured board and shape lightly into smooth round. Roll to rectangular shape three times as long as wide. Spread another ¼ fat over ⅔ of pastry. Lightly flour and fold into 3, folding unbuttered part over first. Close edges and roll again into rectangle. Repeat as above until all fat has been used. Turn pastry in same direction for each rolling. Roll as required. Lift from board on rolling pin before cutting and allow for shrinkage before cutting. Bake in hot oven (450 deg. F.) for 10 minutes and then as for recipe. This is sufficient for a 9" double crust pie, 2 open pies or about 1 dozen small double crust pies. This pastry is improved if chilled between each rolling and especially before the final rolling.

BASIC RECIPE FOR SUET PASTRY

8oz. Sydney Self-raising Flour, 4oz. Federation plain flour, ¼ level teaspoon salt, 4oz. finely-chopped suet, 6 tablespoons cold water.

Sift flour and salt. Carefully remove all skin from suet and when chopping combine with the weighed flour to prevent sticking. Chop until like fine breadcrumbs. Add remaining flour. Mix to a firm dough with cold water. Shape lightly into small round. Roll and use as required for boiled or steamed sweet or savoury puddings.

BASIC PANCAKE RECIPE

2oz. Sydney Self-raising Flour, 6oz. Federation plain flour, ½ level teaspoon salt, 2 eggs, 2 cups milk, 2oz. castor sugar.

Sift flour and salt. Beat eggs and sugar and add 1 cup of milk. Make well in centre of flour, add beaten eggs and milk and stir in flour, mixing lightly but thoroughly to a smooth thick batter. Stir in remainder of milk and pour into a jug. Melt a little fat in a frying pan, enough to grease well, pouring off any surplus. Pour in enough batter to cover pan thinly. Cook over medium heat until golden brown on bottom, loosening edges with round topped knife. Toss or turn with a spatula and brown on other side. Turn on to kitchen paper and sprinkle with lemon juice and sugar. Continue until batter is used. Roll at once and serve freshly made and hot. Makes about 1½ dozen 7" pancakes. For the savoury variations omit the sugar.

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BAG

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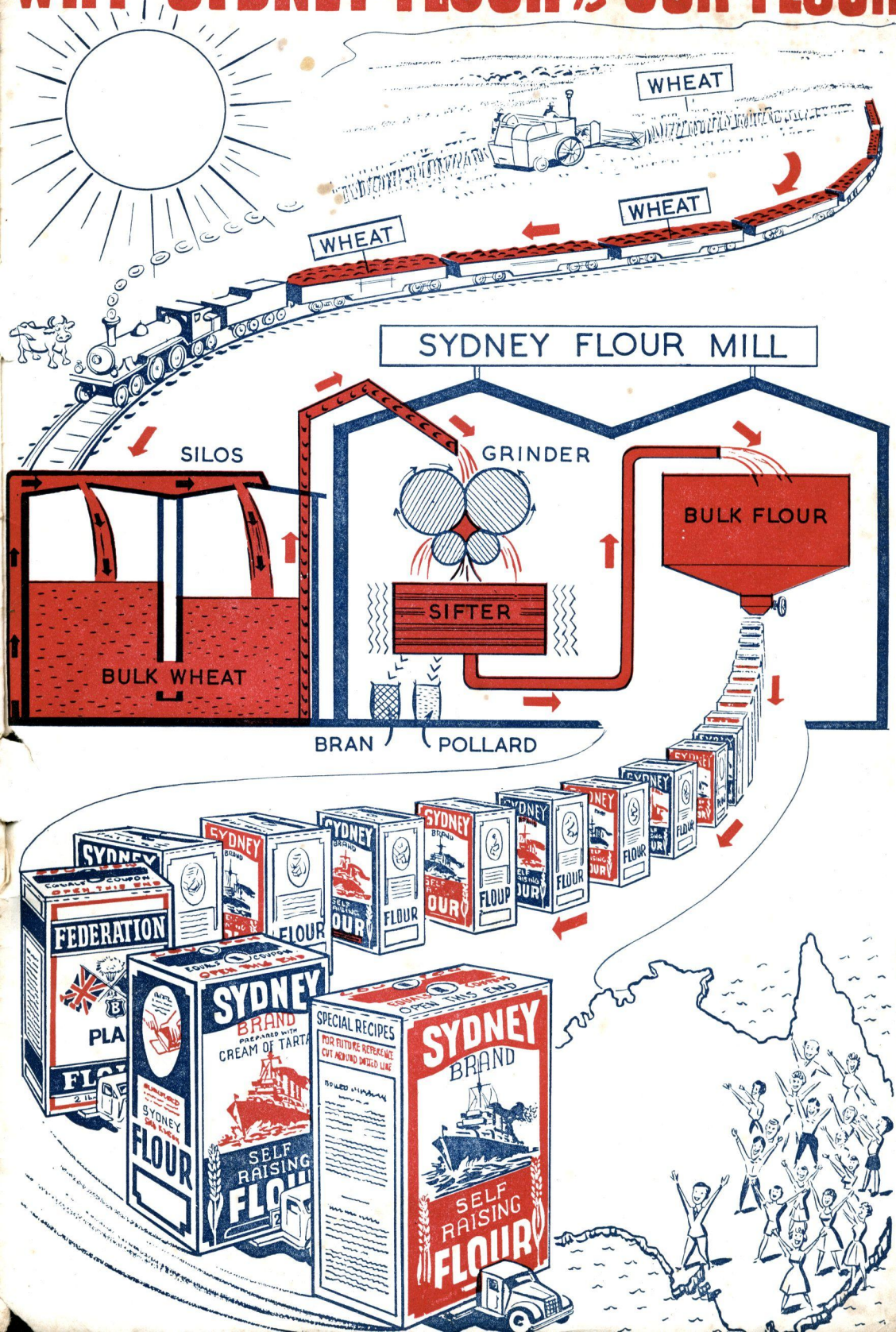
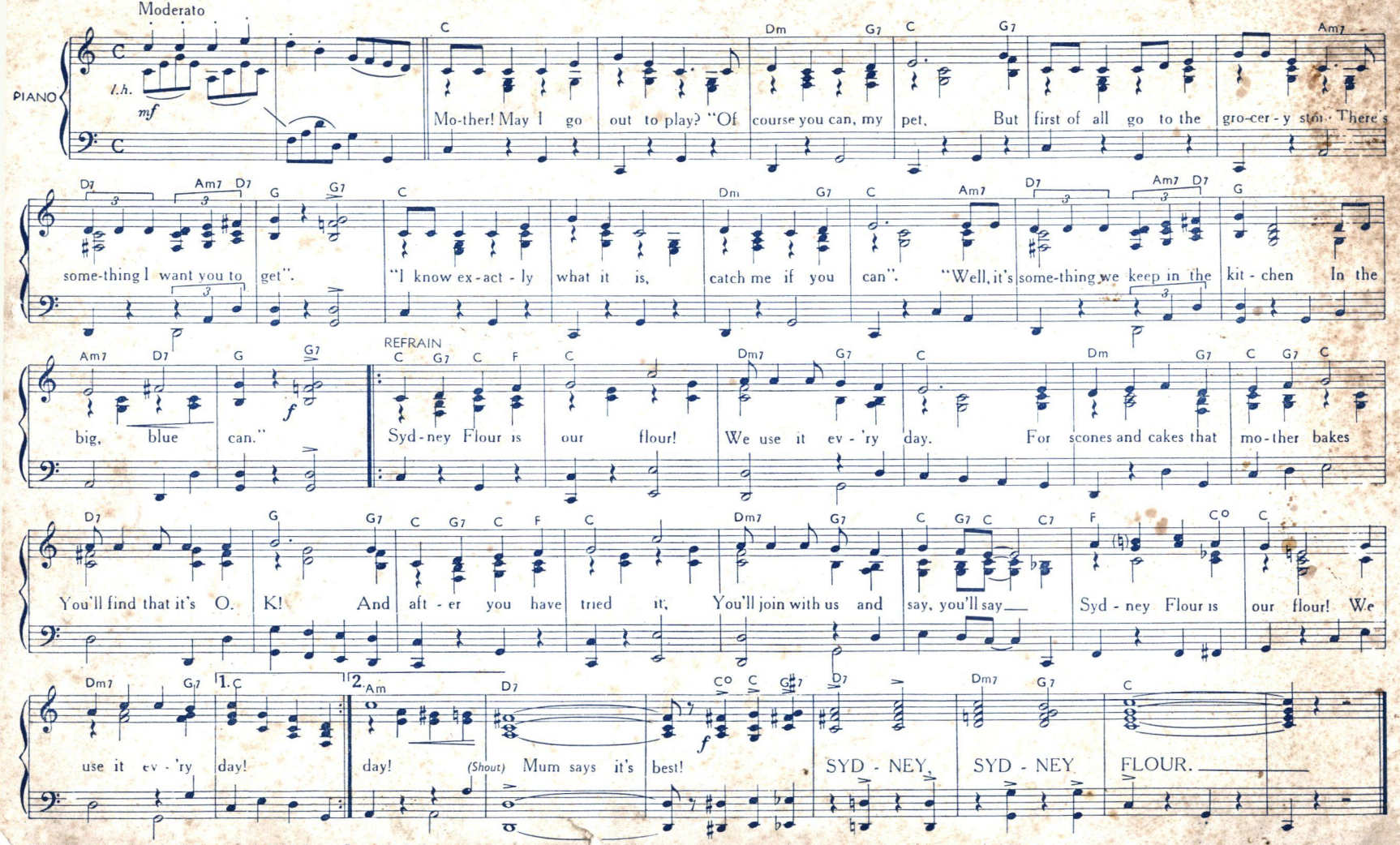
WHY SYDNEY FLOUR *is* OUR FLOUR



SYDNEY FLOUR SONG

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